



# Food Presentation

- Character and Flavor
- Actual Presentation
  - Balance
  - Line
  - Layout
  - Dimension / Height
  - Slicing / Angle slicing
  - Serviceability





## The Menu

- Same meat or poultry should not appear twice on one menu even if it is different preparation
- Cooking methods must be varied, don't follow poached fish with poached chicken
- Complimentary flavors must be evident
- Proper balance of textures should be noticed
- Garnishes should be varied
- Colors should be alternated



# The Menu

- **Menu should be written in clear, comprehensive language**
- **Classical garnishes such as lardons, mushrooms, and pearl onions in Beef Bourguignon are usually part of the dish and should not be considered the vegetable or starch**
- **Food should follow current nutritional standards**
- **Appetizers should be small in portion size and establish the theme of the meal to come**

# Photos to Learn From

Seared Pollocksteak Tuna with Mango Salsa, accompanied by Jicama and Eggplant and  
Zucchini Salad with Sweet Soybean Sauce... 19

Chrysanthemum Beef Vegetable Curry with  
Honey Vegetable Sauce, and Creamy Dahl Sauce... 20

Banana Shrimp Cocktail presented in a coconut liquid, and a whole, nonfat soup cranked in  
with Honeyed Apple and Honey Sauce... 21

Vegetable Parmesan with herb butter sauce... 22

## WINE

Five Natural Acid Pepper Sauce with Cheese Cream... 23

## VEGETABLE

Grilled Green Composition with grilled marinated portabella mushrooms, Feta, oranges,  
cucumber, and a citrus dressing... 24

## SIGNATURE MAIN COURSE

\* Entrees accompanied by vegetable de jour and a choice of: wild game and main  
protein, chicken, beef, pork, wild rice and cranberry, or herb and garlic pasta

Double and BBQ Pork Chops with Southern Style Blackberry Mustard Sauce... 25

## Natures Bounty

Seared Foie Gras Hudson Valley  
wild mushrooms, fried onion polenta, berry sauce  
caramelized leek, white bean chive puree, chive cracker

Sea-Fest Melange in Manhattan Fish Consommé  
brunoise vegetables, shellfish, and fish sausage  
potato and bacon dumpling

Grilled Mushroom Composition  
a medley of mushroom preparations romancing a citrus mignonette tossed  
foundation of mesclun with sundried tomato and onion wfer gallette

Hunter's Jerked Venison  
with roasted garlic mashed potatoes, pea puree  
concasse of tomato and shallot  
seasonal vegetables

Pistachio and Cherry Log Terrine  
cherry and vanilla sauce

## Christmas Capon Platter for Eight

Smoke Roasted Breast of Sage Infused Capon

Capon Thigh Pastrami

Chestnut, Blue Cheese, and Dried Fruit Salad

Terrine of Brine Cured and Summery Giblets  
With Fine Herbs and Pomey Mustard Chaud Froid





# The Menu

## Hot Food 4-course

- **First and second course:** Appetizer, soup, egg dish and salad - these are usually served before the main course.
  - Any two of the four are correct.
  - Salads may be served before or after the main course but not both.
- **Third course:** Main entrée - must be accompanied by appropriate vegetable garnishes
- **Fourth:** Dessert - hot or cold.



# The Menu

## Cold Food 7-course

**- May consist of the following:**

- 1. Cold or hot hors d' oeuvre or appetizer**
- 2. Soup - potage in a soup plate, clear soup in a cup**
- 3. Fish or shellfish - depending on the entrée, a poultry item may be used**
- 4. Palate cleanser no more than one bite, (acidic)**
- 5. Main course - with appropriate vegetable garnish**
- 6. A cold dish with salad or fine vegetable (may be served before or after entrée in modern service)**
- 7. Hot or cold dessert**



# The Most Common Mistakes in Course Meals

- 1. Portion size too large (how much is enough?)**
- 2. Menu does not use a variety of preparations, techniques (example)**
- 3. Menus do not contain proper variety of textures (example)**
- 4. Improper or confusing progression of the courses**
- 5. Sliced pieces on platters or plates are not properly arranged (how should they be arranged?)**



# The Most Common Mistakes in Course Meals



6. Improper balance of carbohydrate and protein (how much?)
7. Lack of accompanying sauces or dressing for menu
8. Improper descriptions of preparations on menu
9. Lack of theme and flavors throughout the meal
10. The use of classical terms without proper follow-through on the plate (example)



# Menu



- FOUR COURSE MENU - HOT, COLD, HOT, COLD
- FLAVORS AND COMBINATIONS THAT ARE FAMILIAR
- AVOID BEING TOO SPECIFIC IN DESCRIPTIONS
- BELLS AND WHISTLES ARE FUN FOR EVERYONE
- NUTRITION (30% FAT, 50% CARBOHYDRATE, 20% PROTEIN)
- INCORPORATE DIFFERENT TEXTURES
- ADVANCED TECHNIQUES

# MENU SAMPLE Category K



***Roasted Stuffed Breast of Duck  
with Duck Jus Lie (not Thyme Jus Lie)  
Savory Wild Rice Blend  
Green Beans with Shallots and Tomatoes  
Leek Garnish, Glazed Orange Sections  
Rye Cracker***

*Army Center of Excellence, Subsistence*

**27th Annual  
Us Army Culinary Competition**



- **TRADITIONAL MENU**
- **DIFFERENT TECHNIQUES**
- **QUALITY FOOD**

# FOOD PREPARATION



# MENU SAMPLE Category F



## *Contemporary American Cuisine 1st and 2nd course*

### *Essence of Celery*

*Chiffonade of Leek and Diced Apple*

*Celery Seed and Herb Cracker*

### *Seafood Melange*

*With a Vegetable Terrine, Tarragon Vinaigrette Tossed Mesclun  
and Roasted Red Pepper Coulis, Chive Oil  
and a Savory Coux Paste Crisp*

# MENU SAMPLE Category F



*Contemporary American Cuisine 3rd and 4th course*

*Filet of Ostrich on an Aisago Cheese Polenta  
And Tomato Mushroom Ragout  
with Thyme and Rosemary Infused Jus Lie  
Bernaise Sauce  
Medley of Vegetables*

*Cream Moule  
Accompanied by a Cinnamon Spiced Syrup Sauce  
with Orange Sections and Strawberries  
Almond Tuille Cookie*

# MENU SAMPLE Category A



*Pacific Rim Seared Ahi Tuna With Mango Daikon Salad*

*Chilled Grilled Shrimp Terrine With Potato Caper Salad*

*Vegetable and Chevre Terrine With mesclun in light vinaigrette*

*Cured Lamb Sausage With Eggplant and Garlic*

*Smoked Cured Salmon and Cream Cheese Galette With Asparagus and Dill*

*Chicken Liver Galantine With Truffle Trimmings and Patty Pan Salad*



# Composition Salad



# MENU SAMPLE Category B



*Picnic Salad Composition  
Potato, Coleslaw, and Pasta Salads  
Accompanied by a Deviled Egg and Pickle Terrine  
Potato-Herb Crisp*

*Barbecued Pork Chop  
Baked Beans, Collard Greens, Corn Bread Johnny Cake*

*Strawberry Charlotte  
with Chocolate Decoration and Strawberry Sauce*



# MENU SAMPLE Category B



# MENU SAMPLE Category C



## *Cold Buffet Desserts*

### *Trio of Pears Dessert Platter*

*Pear and Bavarian Cream Terrine  
With Chocolate Jocande and Chocolate Curls  
Citrus Poached Spiced Pears with Pistachio Paste  
Gran Manier, Raspberry Truffle Pears  
Pistachio Tuile*

*Currant Sauce Orange Sauce*

# Pastry Components



- **Creamy, Meaty, Crunchy - Essential Textures**
- **Sauce consistency**
- **Clean Finish with no hassle**
- **Extremely important because it is the last dish and judges remember it the most**
- **Have basic recipes printed out so you can delegate**
- **Keep it simple and execute well**
- **Cold plate or Hot plate**
- **Variety of Skills**

# Pastry Components



- **Creamy, Meaty, Crunchy - Essential Textures**



# Pastry Recipes

- Have basic recipes printed out so you can delegate

- Tuille:

2 oz flour

2 oz powdered sugar

2 oz melted butter

1 egg white

chopped nuts to sprinkle on before baking

extra powdered sugar for dusting

cocoa if chocolate tuille striping is desired







# Pastry Recipes

- Have basic recipes printed out so you can delegate

- Syrup Sauce:

1 liter water

800 grams sugar

fresh lemon juice

cinnamon stick

cloves

fresh fruit slices, wedges, or orange sections





# Petite Fours

- Ceiling of  $\pm 1$  to  $1 \frac{1}{4}$  oz.
- Important Features
  - Shine of Fondant or Glaze
  - Attractiveness
  - Thickness of Layer
  - Foot or Border gives clean, crisp finish
  - Delicate Decorations
  - Layout with Flow and Curve

# Petite Fours







# Hot and Cold Desserts

- Proper Size to Finish off the Meal 3-5 oz.
- Practical and Well Thought Out (Can it be reproduced?)
- Proper Plates and Sauceboats (Fill no more than 1/2 full)
- Small Cookies or Accompaniment
- Stenciling, Dusting, Dammed Sauces
- Execution of Precise Piping
- Practicality, Serviceability, Safety
- Compatible Flavors and Textures

# Photos to Learn From





# Cakes

- Any Formulation of Type, Genoise, Sponge, Dobos, Seven Layer, Two Tone, Chocolate etc. may be used
- Require great planning
- Require precision in the execution of basic skills
- Edible Cakes must harmonize in flavors of cake and filling
- Be careful using colors, keep to a minimum, pastels are desired
- Make decorations special and unique
- Signage may be necessary to eliminate confusion

# Olympic 2K Cakes





# Showpieces

- Many mediums may be used
- Stay away from artificial materials except as permitted for structure and support
- Molds do not demonstrate talent or creativity - AVOID
- Show animation or activity if possible to excite the viewer





# 10 Most Common Mistakes Pastry

- 1. Portion size too big or small - 1 1/4 oz. Petite fours, 3.5 oz. Dessert**
- 2. Coating too thick or sloppy**
- 3. Thickness of rolled or piped items too thick**
- 4. Improper use of glazes**
- 5. Lack of imagination and overly complex presentation**



# 10 Most Common Mistakes Pastry

- 6. Oversized centerpieces. Quantity and size do not show quality**
- 7. Individual dessert plates - overdone or not enough “philosophy”**
- 8. Improper use of colored sugar, too much color used**
- 9. Poor layout of plates and platters. Keep with the elements of flow, focal point, heights and dimension, balance, and strong lines.**
- 10. Failure to maintain the integrity of the dessert**





# Ice Carving

- DESIGN ORIGINALITY
- TEMPLATES, PAPER, PLASTIC
- USE OF TOOLS
- SAFETY
- FINISHED LOOK
- PRACTICE THE PIECE FOR TIME AND EXECUTION







# Ice Carving - Kyoto, Japan 2002



# Key Points



- ✓ KEEP MENU FAIRLY SIMPLE
- ✓ PREPARE FOOD YOU ARE FAMILIAR WITH
- ✓ FOCUS ON MASTERING THE BASICS
- ✓ STAY ORGANIZED
- ✓ HOT PLATES HOT, COLD PLATES COLD
- ✓ WORK WITH A SENSE OF URGENCY
- ✓ REHEARSE, GET FEEDBACK, REHEARSE AGAIN